

FITNESS FACILITIES AT OUR AQUATIC CENTERS:

CACTUS AQUATIC & FITNESS CENTER

7202 E. Cactus Road, 480-312-7665

ELDORADO AQUATIC & FITNESS CENTER

2301 N. Miller Road, 480-312-2484

MCDOWELL MOUNTAIN RANCH AQUATIC & FITNESS CENTER

15525 N. Thompson Peak Parkway, 480-312-6677

All of our year round aquatic centers have fitness facilities. Each fitness center includes a complete line of free weights, treadmills, bikes, stair climbers, elliptical and single station weight machines. McDowell Mountain Ranch and Cactus fitness centers offer classes in strength training, general conditioning, fitness classes, toning and much more. All participants are required to wear closed toed shoes and bring a towel to work out. Look on pages 14-18 for health and fitness classes offered at these facilities.

FITNESS CENTER FEES: Resident \$2, Non-Resident \$3

ADULT SWIPE CARDS AVAILABLE

RESIDENT RATE: 10 visits for \$20 and 30 visits for \$60

NON-RESIDENT RATE: 10 visits for \$30 and 30 visits for \$90

FITNESS FACILITY HOURS OF OPERATION NOVEMBER 2009 – APRIL 2010

MONDAY-FRIDAY: 6am to 8pm – All locations

SATURDAY: 8am-12pm – Eldorado
8am-2pm – McDowell Mountain Ranch
7am-5pm – Cactus

SUNDAY: 10am-2pm – Cactus ONLY
Other locations CLOSED

CLUB SAR

8055 E. CAMELBACK RD, SCOTTSDALE 85251 – 480-312-2669

Club SAR is the City of Scottsdale's Parks and Recreation Division multi-sports instructional program offering classes in boxing, kickboxing, yoga, spinning, mixed martial arts and circuit weight training. The gym includes a complete line of free weights, cardiovascular treadmills, bikes, stair climbers, rowers, elliptical, and single station weight machines, along with full court basketball. Participants in the Club SAR facility must register on a yearly basis.

MEMBERSHIP FEES: Resident Adult \$75, Non-Resident Adult: \$105
Resident Youth (7-17years): \$40, Non-Res. Youth: \$55

ONE DAY DROP IN: \$3 (non-members)

CLUB SAR FITNESS CENTER HOURS:

Mon-Fri 6am-9pm, Saturday 12-5pm, Closed Sunday

Spinning	M/W/Th	5:30-6pm
Weight Orientation	Tu/Th	5:30-6pm
Kickboxing Cardio	M-Th	6-7pm
Boxing Cardio	M-Th	6-7pm
Boxing Instruction	M-F	4-5:30pm
Yoga	M-Th	7:15-8:30pm
Yoga	W	6:15-7:30am
Yoga	Fri	6:15-7:30pm
Yoga	Sat	12:30-1:45pm
Rowing	Tu/Fri	5:30-6p
	W	12-12:30pm

Mixed Martial Arts (Call Club SAR for program schedule)



SCOTTSDALE HEALTHCARE HEALTH & WELLNESS CLASSES

AT MCDOWELL MOUNTAIN RANCH PARK FITNESS CENTER

REGISTRATION INFORMATION:

Once registration has been completed, an instructor will contact you to schedule your times. The days and times are on a first come first serve basis. A class spot can only be filled with registered participants.

FORM & FUNCTION CLASSES

BEGINNERS LEVEL (10 weeks)

Introductory class to strength training, body weight movement, posture and function. This class revolves around basic functional movement to help enhance every day strength & conditioning. Each client can attend a small group class twice a week for the duration of the course.

Please Contact Ben Evans 480-323-5225 or Bevans@shc.org

79142 6:30-7:30am Tu/Th \$99 R / \$149 NR 10 weeks

STRENGTH TRAINING FOR SENIORS (10 WEEKS)

A slower paced class centered on lifestyle movement and injury prevention for everyday lifting. This class will combine needed functional strength training movements as well as work with the Technogym fitness equipment. All participants can attend class once a week for the duration of the course.

Please Contact Ben Evans 480-323-5225 or Bevans@shc.org

79143 6:30-7:30am Tu/Th \$54 R / \$104 NR 8 weeks

ADULT SPORTS

Phone (480)312-0227, Fax (480)312-9156
Adultsports@scottsdaleaz.gov

ATTENTION: In order to use online registration you must have a team account established before registering. Call (480)312-0227 between 9am & 9pm seven days a week.

All sports league registrants submit a team roster (complete with player names, home addresses, day phones) to the Adult Sports office within 2 days of registration. Registration will not be accepted without completed roster information and payment for the correct amount. Failure to comply with any or all terms of registration will result in team elimination! Registration packets must be emailed, faxed (480)312-9156 or delivered to the Adult Sports office within 2 days of registration to be considered for league placement.

ADULT COED KICKBALL

ONLINE REGISTRATION: Please see information and registration dates on page

FORMAT: Round Robin League Play/Single Elimination Tournament

FEE: \$265/Team

KICKBALL REGISTRATION CODES				
Winter	Spring	League Level	Day	Location
1/4/10	3/29/10			
79845	79849	Coed	M	TBD
79846	79850	Coed	T	TBD
79847	79851	Coed	W	TBD
79848	79852	Coed	Th	TBD

SPRING FLAG FOOTBALL

ONLINE REGISTRATION: Please see information and registration dates on page

FORMAT: Round Robin League Play/Single Elimination Tournament

LEAGUE DATES: Begins week of March 6, 2010

FEE: \$450/Team

FLAG FOOTBALL REGISTRATION CODES			
Number	League Level	Day	Location
80084	Elite	Sat	TBD
80085	A	Sat	TBD
80086	B1	Sat	TBD
80087	B2	Sat	TBD
80088	C	Sat	TBD
80089	D	Sat	TBD



WINTER 4 ON 4 BASKETBALL

ONLINE REGISTRATION: Please see information and registration dates on page

FORMAT: 10 League Games/Single Elimination Tournament

LEAGUE DATES: TBD

FEE: \$250/Team

4 ON 4 BASKETBALL REGISTRATION CODES			
Number	League Level	Day	Location
79853	All Divisions	Sunday	Eldorado Gym

SPRING 5 ON 5 BASKETBALL

ONLINE REGISTRATION: Please see information and registration dates on page

FORMAT: 10 League Games/Single Elimination Tournament

LEAGUE DATES: Begins the week of March 22, 2010.

FEE: \$450/Team

5 ON 5 BASKETBALL REGISTRATION CODES			
Number	League Level	Day	Location
79854	A	M-W	TBD
79855	B	M-W	TBD
79856	C	M-W	TBD
79857	A	T-Th	TBD
79858	B	T-Th	TBD
79859	C	T-Th	TBD

ADULT SPORTS |

SLOW PITCH SOFTBALL (MENS & COED)

ONLINE REGISTRATION: Please see information and registration dates on page

FORMAT: 14 League Games/Single Elimination Tournament

FEE: \$523

SOFTBALL LEAGUE REGISTRATION CODES

The Adult Sports office reserves the right to place your team in an alternate league based on registration numbers and/or team ability. Due to our team-limiting policies your initial registration does not guarantee your entry into our league. Final league placement determinations will be made after open registration is complete.

SOFTBALL - COED LEAGUES				
Winter 1/4/10	Spring 3/29/10	League Level	Day	Location
79084	79791	Coed B	M	CHAP
79092	79798	Coed C	M	CHAP
79085	79792	Coed C	T	CHAP
79086	79793	Coed B	W	CHAP
79094	79800	Coed C	W	CHAP
79087	79794	Coed C	Th	CHAP
79095	79801	Coed D	Th	CHAP
79088	79795	Coed C	F	CHAP
79089	80265	Coed B	T	HRZN
79090	79796	Coed C	Th	HRZN
79091	79797	Coed C	F	HRZN
79096	79802	Coed D	F	YAVAPAI/ELDO
79093	79799	Coed D	W	GRAY
80266	80267	Coed D	Th	GRAY
SOFTBALL - MEN'S LEAGUES				
Winter	Spring	League Level	Day	Location
79067	79803	Men's C	M	HRZN
79068	79804	Men's B	M	HRZN
79069	79805	Men's B	T	HRZN
79070	79806	Men's C	W	HRZN
79071	79807	Men's B	W	HRZN
79072	79808	Men's B	Th	HRZN
79073	79809	Men's C	F	HRZN
79074	79810	Men's C	M	ELDO
79075	79811	Men's D	T	ELDO
79076	79812	Men's B	W	ELDO
79077	79813	Men's C	Th	ELDO
79078	79814	Men's D	F	ELDO
79080	79815	Men's C	T	YAVAPAI
79081	79816	Men's C	W	YAVAPAI
79082	79839	Men's C	Th	YAVAPAI
79083	79840	Men's D	F	YAVAPAI
79079	80264	Men's C	W	GRAY
80268	80269	Men's B	Th	GRAY



ADAPTED RECREATION SERVICES

<http://www.scottsdaleaz.gov/sports/adaprec.asp>

To be placed on our mailing list for upcoming Adapted Recreation programs, call the Adapted Recreation HOT LINE @ 480-312-2234. Please leave a message with your name, address, including zip code, phone number, birth date and email address. We will send you out the most current information and registration about our upcoming recreation programs, sports and social opportunities!

SCOTTSDALE BOBCATS SPECIAL OLYMPICS SPORTS

Special Olympics is for everyone! The Bobcats are gearing up for this year's Basketball, Cheerleading and Track & Field seasons and we need YOU on the team! There are 4 options for Special Olympics basketball players-the Adult Traditional and Unified teams, the Junior Traditional team and the all ages Individual skills team. The Cheerleading team is all ages. Track & Field is split into both Junior and Senior teams. Please call Adapted Rec for more info.

BOBCATS BASKETBALL

Traditional Team

DATE: 1/12-3/27

TIME: Tue 6:30-8pm

LOCATION: Mohave Middle School

AGE: 18 years and older

COST: Free

COURSE CODE: 80093

Unified Team

DATE: 1/11-3/27

TIME: Mon/Thu 6:30-8pm

LOCATION: Mohave Middle School

AGE: 16 years and older

COST: Free

COURSE CODE: 80094

Individual Skills Team

DATE: 1/13-3/27

TIME: Wed 6:30-8pm

LOCATION: Mohave Middle School

AGE: All ages

COST: Free

COURSE CODE: 80095

Junior Team

DATE: 1/13-3/27

TIME: Wed 6:30-8pm

LOCATION: Mohave Middle School

AGE: 8-17 years

COST: Free

COURSE CODE: 80131